

March 24, 2015 CDC Ebola Response Update

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

[Brittany] Being an Ebola responder in West Africa is rewarding and sometimes difficult, even for those left at home. If your loved one is going to West Africa, find out how to make the deployment go smoothly for both of you.

Hi, I'm Brittany Sunshine. I've been working on the Ebola response in Atlanta and helping CDC Ebola responders in West Africa.

[Tanesha] And I'm Tanesha Tutt and I've also been helping CDC Ebola responders. We understand having your loved one travel to West Africa for the Ebola response can be scary. Here are a few tips that can help you.

[Brittany] Have a plan. One way to limit worry is to have a plan for paying bills, child care, elder care, and pet care. Plan how you and your family member will be in contact, whether by email, text, call, or video chat. Also, know who to contact if your loved one is out of reach longer than expected.

[Tanesha] Be sensitive to the demands placed on your loved one while away. Responders may work for 12 to 18 hours a day in areas without power, internet, or cell phone service. Your loved one may be tired and feel helpless. Also, travel-related sickness, like diarrhea, minor infections, colds, and sore throat is common.

[Brittany] Know what to expect when loved ones return. They will get a health evaluation at the airport of entry and follow up with the state or local public health department. Don't panic if your family member gets sick. Sickness will most likely be caused by colds or other viruses picked up overseas or on the trip home.

[Tanesha] Most importantly, be supportive. Remind your loved one to get enough rest, eat properly, and avoid situations that feel uncomfortable or unsafe.

[Brittany] When your loved ones return, treat them as you did before. Give hugs, hold hands, and have meals together. As long as your loved one doesn't have a fever and isn't showing signs of sickness, you and your family aren't at risk for infection.

[Tanesha] For more information and resources, please visit cdc.gov/ebola and look for the link to the *Information for Families and Loved Ones of Responders* webpage.

[Brittney] You can also find helpful travel information at cdc.gov/travel.

[Tanesha] Your loved one's work in West Africa is very important and can be rewarding.

[Brittney] Use these resources to make sure it's as worry-free as possible.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.